



Center Hours:
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 1pm-5pm

800 South Park Lane
 Knoxville, IA 50138
 641-828-0580

Land Fitness August 1st - 11th

	Monday	Tuesday	Wednesday	Thursday	Friday
5:20-6:00am	Yoga Stretch	Cycle Circuit	Power Pilates	Cycle Cardio Core Grow Your Base	PiYo®
10:00-10:45am	Silver Sneakers Circuit ®		Silver Sneakers Classic ®	Strength, Stability & Balance	4th Country Heat 11th Stick To The Beat
5:30 - 6:15pm	PiYo®	Zumba®	Urban Funk Cycle	Turbo Kick 101®	

Outdoor Land On Sundeck 14th - 31st (Weather permitting)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:20-6:00am		Sunrise Circuit		Power In The Park	Sunrise Stretch
5:30-6:15pm	PiYo®		Sunset Circuit		

Water Fitness August 1st - 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:40am	W-Wow!	Total Body Aqua	Blazin Bouys	Shallow Fun	Silver Splash®	8:15-9:15am
7:50-8:30am	Deep Waves	Aqua Pilates	Deep Waves	W-Wow!	Deep Butts & Guts	Aqua Boot Camp
6:20-7:00pm	Aqua Zumba®	Aqua Fit	Power W-Wow!	Aqua Boot Camp		

Our gym & racquetball court will be closed August 14th - 31st for floor refinishing. Full class schedule will resume in September! Thank you for your understanding!

Kid Friendly Classes! 1st grade & up welcome in **ALL** classes with adult present (6th grade and up may participate in cycling classes & aqua boot camp). Instructors reserve the right to bench the non-participating.